

2009 Metropolitan Area Hunger Conference



“Doing More With Less”

Friday, April 24, 2009
Shabach Ministries, Inc.
3600 Brightseat Road
Landover, Maryland 20785
8:15 am—2:45 pm

Workshops

First Session

Achieving Results by Developing Your Board of Directors

Angineeki Jones, Certification Manager, Standards for Excellence®, Maryland Nonprofits

Behind most successful nonprofits is a board of directors that is able to lead during good times and bad. A lifeless board can take a toll on both the volunteer board members and eventually, the organization's health. This session will cover the critical practices that contribute to board health, how to recruit and retain the right people, and how to organize the board's work for maximum results. Participants will learn how to inspire each board member to contribute to his or her full potential and will learn strategies for increasing the board's capacity to lead.

Angineeki Jones is the certification manager of Maryland Nonprofits' voluntary certification program, the Standards for Excellence. She has several years experience working in nonprofit organizations and provides training, consulting, and technical assistance in board governance, program evaluation, and Standards for Excellence® implementation. Prior to joining Maryland Nonprofits, Angineeki was the Senior Program Manager of Share Our Strength's multi-site nutrition education program, where she managed program evaluation, training, technical assistance, and resource management of 14 replication sites. Ms. Jones also served as the Kagoshima Prefectural Government Coordinator for International Relations for Kagoshima City in Japan. A former member of the AmeriCorps team for the Olympic Games in Atlanta, she has a Master of Public Administration from New York University.



Best Practices in Food Pantry Programs

Libby McKeen, Executive Director, Ward Family Foundation

The Ward Family Foundation recently conducted a report on Food Pantry Programs, Analysis of Strategies and Operating Practices. That report developed a best practices scorecard to be used in ranking the food pantries that participated in WFF's study. This workshop will discuss the practices of the participating pantries and WFF's conclusions about best practices. *Libby McKeen joined Ward Family Foundation as its Executive Director in 2000 and has, among other things, helped to create best practices reports in Food Pantry Operations, Safe Havens that serve the chronically homeless, mentally ill person, and Emergency and Transitional Homeless Shelters. Prior to that, she worked in the public sector for 15 years.*

Grants.gov Find and Apply

Michael Pellegrino, Outreach Director, Grants.gov Program Management Office

Grants.gov is your source to **FIND** and **APPLY** for federal government grants. The U.S. Department of Health and Human Services is proud to be the managing partner for Grants.gov, an initiative that is having an unparalleled impact on the grant community. The Grants.gov session will cover how to find and apply for federal grants at no cost. The session will walk you through the various options to search for grants. The next step in the process is to apply. This session will discuss the key components of the Apply process including registration. The session will be interactive with a Grants.gov representative available to answer any questions you may have.

Mr. Pellegrino is the Outreach Director in the Grants.gov Program Management Office. In this capacity he is responsible for the Business Transformation of Grants.gov. Mr. Pellegrino is the functional lead for the Grants.gov Contact Center. He manages the functional requirements for the Grants.gov static content of the website to include Grants.gov program communications.



Innovative and Creative Anti-Hunger Advocacy Options to Fit Your Agency's Capacity and Budget

Ellen Teller, Director for Government Affairs, Food Research & Actions Center (FRAC)

This workshop is designed to give participants various options and strategies for getting their messages across to elected officials. Whether you are new to advocacy or an old pro, this workshop will provide you with the information and tools you need to weigh in effectively (and comfortably) with your elected officials.

Ellen Teller is Director for Government Affairs at the Food Research & Actions Center (FRAC). Ellen directs the development and implementation of FRAC's legislative agenda for improvements in domestic anti-hunger policies and expanding program access to low-income families.

La oficina de Relaciones Latinas del alcalde de DC alcanzando nuestra comunidad Latin

(Mayors Office of Latino Affairs Our Latino Community)

Katherine Ramirez, Senior Community Outreach, DC Mayor's Office on Latino Affairs

Presentación y descripción de la misión de la Oficina de Asuntos Latinos del distrito de Columbia, mejorar la calidad de vida de la comunidad Latina al proveer recursos económicos a organizaciones sin fines de lucro, abogacía, relaciones comunitarias y servicios de enlace para promover el acceso de los residentes a una variedad de servicios de salud, educación, empleo, vivienda y desarrollo económico. (Presentation and description of The Mission of the Office on Latino Affairs that is to improve the quality of life of the District's Latino population by providing community-based grants, advocacy, community relations and outreach services to residents so they can have access to a full range of health, education, housing, economic development, and employment services.)

Since joining DC Government in 2002, Ms. Ramirez have advocated for the Latino constituency in issues related to employment, education, housing economic development and health and make sure that the Latino community have access to the services that the city offers. Some of her duties include community service project coordination and public relations. She graduated from Catholic University of America with a major in Spanish studies



Meet The Food Bank

Panel Presentation with CAFB Staff and Member Agency Representatives

Are you new to the food bank? Or are you a long time member who'd like to know more about programs offered that will enhance your services? A food bank staff member will highlight each program and a representative from a partner agency will talk about their experience working with the program. It's a unique opportunity to learn about the food bank from the perspective of an agency a lot like yours.

Workshops

Second Session



Financial Survival During Recessionary Times

Kevin McQueen, Financial Survival During Recessionary Times, Partner, BWB Solutions LLP

Tough economic times squeeze nonprofits between rising demands and falling resources. Yet unexpected opportunities for gain are often found during an economic downturn. To reach their full potential, nonprofits must be prepared to weather financial uncertainties during recessionary times, while grasping opportunities whenever they arise. This workshop will provide strategies that will help nonprofits pursue these dual objectives.

Kevin P. McQueen, Partner, BWB Solutions LLP, balances more than 20 years of experience in the financial services industry with his deep commitment to community-based nonprofit organizations. He has worked in both the corporate finance and economic development fields. Kevin currently specializes in helping organizations significantly improve their social impact through strategic, business and project planning.

Getting the Most From Media

Bunnie Riedel, President of Riedel Communications

Getting good media drives your marketing efforts. But with all the nonprofits clamoring for attention, how do you make sure your efforts rise above the rest. Learn how to use “old” media and “new” media and alternative media to get your message out.

Bunnie Riedel is President of Riedel Communications, a government and nonprofit consulting firm. Ms. Riedel has over 20 years experience in nonprofit management and is an internationally recognized expert in telecommunications.



Fighting Hunger by Harvesting Fresh Fruit & Vegetables
MID-ATLANTIC GLEANING NETWORK
P.O. Box 5871 • Alexandria VA 22304

Gleaning for Fresh Fruits and Vegetables

Tom Chandler, Founder & Executive Director, Mid Atlantic Gleaning Network

Does your program need more fresh produce? Come to this workshop to learn from MAGNET (Mid-Atlantic Gleaning Network) on how to provide nutritious, healthy produce to your clients.

MAGNET will show how fresh produce can be obtained from farms and orchards through the work of volunteer gleaners. *Rev. Thomas R. Chandler founded the Mid-Atlantic Gleaning Network in 1993 (called the Washington Area Gleaning Network at that time) based on the Biblical concept of gleaning the fields and orchards for food for the poor and needy. Established an ongoing partnership with the Capital Area Food Bank to distribute fresh produce to food bank member agencies, other food service providers, and directly to low income communities.*

Strategies to stretch your Food Dollars at CAFB

Jodi Balis RD, Director of Nutrition, CAFB

Get ready to roll up your sleeves and cook! Jodi will demonstrate how to combine common CAFB ingredients with basic cooking techniques to create recipes that are both healthy and economical. Participants will utilize Jodi’s “recipe template” meal planning strategy to identify CAFB ingredients that are versatile and economical. Samples will be provided. Workshop limited to 30 participants

Jodi Balis RD is the Director of Nutrition Education Programs at the Capital Area Food Bank in Washington DC. Mrs. Balis conducts trainings to food bank agencies teaching healthy food preparation using ingredients from the food bank and oversees all nutrition education activities. Previously a Nutrition Educator with the Food Stamp Nutrition Education Program in Maryland, Jodi worked with elementary schools to improve the nutrition environment, trained teachers to incorporate nutrition into the school curriculum, and directly taught youth about cooking, school gardening, and healthy eating. Jodi was also Nutrition Education Manager at a local food bank in St. Louis Missouri for four years, managing Operation Frontline, a nutrition and cooking program created by Share Our Strength, empowering low-income adults and children with cooking skills and nutrition knowledge needed to support a healthy lifestyle. In her spare time, Jodi is a cooking instructor and currently teaches cooking and food budgeting at Whole Foods Market in Maryland. She also regularly appeared in a cooking segment on Health Matters for 5 years, a local TV show in St. Louis and has recently appeared on “Good Morning America”, demonstrating meal planning and healthy eating on a budget.



¡Venga a Aprender de los Mitos y las Realidades Acerca los Cupones de Alimentos!

(Come and Learn about food stamps)

Amanda Melara, Advocacy Associate, Capital Area Food Bank

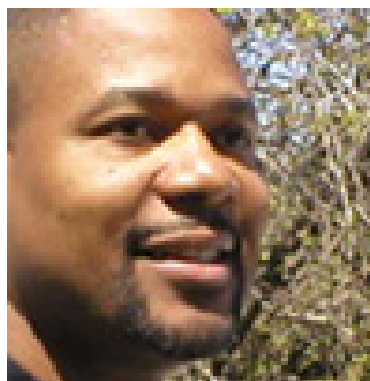
Frank Villalta, Income Maintenance Administration, District of Columbia Government

¿Si obtengo ayuda con cupones de alimentos esto afectaría mi solicitud (elegibilidad) para la ciudadanía? ¿Tengo que ser ciudadano estadounidense para obtener cupones de alimentos? Venga y obtenga las respuestas a estas y otras preguntas con respecto al programa de cupones de alimentos. Aprenda quién es elegible y así poder ayudar a sus clientes a solicitar cupones de alimentos. Este programa le puede ayudar a sus clientes a comprar alimentos cada mes.

(If I get food stamps, will it hurt my citizenship application? Do I have to be a citizen to get food stamps? Come learn the answers to these questions, find out who is eligible for the Food Stamp Program, and how to help your clients apply. The Food Stamp Program may be able to help your clients buy food each month.)

Amanda Belcher is a graduate of Butler University in Indianapolis, IN. As part of the Advocacy Department one of her main responsibilities is coordinating the Food Stamp Initiative, which involves reaching out to and meeting with potential food stamp applicants as well as recruiting and training food bank and community partners to offer food stamp outreach and application assistance to low-income community members. Her other responsibilities include building and fostering relationships with other local social service agencies, educating the community on issues of hunger and poverty, and working with local government and community organizations to increase nutritious, affordable food options in low-income neighborhoods.

Keynote Speaker



George A. Jones became Executive Director of Bread for the City (BFC) on January 2, 1996. He is responsible for managing all administrative, financial, and programmatic aspects of the organization. Mr. Jones has led Bread for the City's growth from a \$1.2 million operation in 1996 to a \$4.8 million operation in 2008. This growth included overseeing the development of a new center in Southeast DC in 2002, as well as the upcoming 11,000 s.f. expansion of BFC's Northwest Center, starting in 2009.

From 1999 to 2007, Mr. Jones served as Chairman of the Board of the DC Primary Care Association (DCPCA), a non-profit which advocates for the expansion of healthcare access and reduction of healthcare disparities among low-income DC residents. He currently serves as the DCPCA's Vice Chairman, serves on the Center for Nonprofit Advancement Board, is a member of the Mayor's Commission on Food and Nutrition, and is a volunteer at Brightwood Elementary School.

Before coming to Bread for the City, Mr. Jones worked for Chrysalis, a Los Angeles, CA organization working to help homeless adults secure employment. Mr. Jones holds a B.A. in Psychology from Norfolk State University, in Norfolk, Virginia.

Panel Discussion

How can your organization cope through these uncertain economic times? Discover how your program can survive without cutting staff and/or services while ensuring your clients are provided with the resources they need. Learn how various sectors of the non-profit community are utilizing existing resources to weather the economic storm for their agencies and the clients they serve. Each panel member will give a presentation. Questions will be entertained after each panel member has presented.



Ellen Teller, Panel Facilitator

Ellen Teller is Director for Government Affairs at the Food Research & Actions Center (FRAC). Ellen directs the development and implementation of FRAC's legislative agenda for improvements in domestic anti-hunger policies and expanding program access to low-income families

Lisa Butler McDougal

Lisa Butler McDougal is the Executive Director of Sowing Empowerment and Economic Development (SEED), a non-profit organization located in Prince George's County, Maryland that provides food, clothing, education and training while promoting self-sufficiency and empowerment directly to families and communities. SEED operates a nursery school serving children from 2 years through K4; an after school and summer tutoring & technology program and a food distribution center and clothes closet that serves hundreds of families annually. SEED is also a HUD approved housing counseling agency. SEED is a founding organization and McDougal serves as the co-chair of the Coalition for Homeownership Preservation in Prince George's County.



Karyn T. Lynch

Karyn T. Lynch is the Director of the Department of Social Services in Prince George's County, Maryland. In this capacity, she manages a workforce of more than 600 employees who are in County and State merit and contractual positions. She is responsible for a \$50 million budget. She ensures the efficient and successful operation of all adult and child welfare programs, welfare reform activities, and homeless services, including prevention, emergency housing and transitional housing. Ms. Lynch is one of 24 local directors in the State of Maryland. She is part of a jurisdiction that has successfully implemented 24 individual and unique welfare-to-work programs which has helped nearly 70 percent of its former welfare recipients move to self-sufficiency. To ensure their successful transition, local jurisdictions offer an array of supportive services including substance abuse and mental health treatment, childcare assistance, transportation services, literacy services and more. These services are provided by the agency or in collaboration with other community partners.



Cynthia J. Terry

CJ is President and COO of SHABACH! Ministries, Inc (SMI). SMI, established in 1996, is the nonprofit organization of First Baptist Church of Glenarden. SHABACH! delivers inspiring programs that have become models for building good character, ensuring academic achievement, and promoting community involvement for youth and adults. A certified facilitator and trainer for over 15 years, CJ has facilitated leadership, diversity, harassment, and EEO training for major corporations, non profits, and small businesses. Named 2008 Woman of the Year, honoring a commitment to professional leadership and outstanding service in the faith-based community, CJ is a graduate of Old Dominion University with a Bachelor's in Speech Communications. She has also earned a certificate from Harvard University in Nonprofit Advancement and from Cornell University in EEO Studies. She holds certifications from Dale Carnegie, Covey Seven Habits, General Electric Workout, and Center for Creative Leadership Executive Leadership Program. Currently, she is a graduate student of Trinity University in Washington DC working towards a Masters in Organizational Management. CJ resides in Prince George's County, Maryland with her husband Edwin and their 18 year old daughter, Kyara.



Stephanie Outlaw

Stephanie Outlaw is the program director of the Office of Energy and Food in Prince George's County, Maryland. Mrs. Outlaw started her public service career working as a career counselor with the Enterprise Foundation in 1990, moving on to a non-profit employment service called Jobs For Homeless People staying for 17 years. She has worked extensively as a community developer establishing employment programs in other cities emphasizing budgeting and personal management. Educated in Washington, DC, DCPS, her undergraduate degree is from University of District of Columbia with a BA in Liberal Arts/Communication; graduate certificate from the George Washington University. Stephanie is married and has a married daughter with three grandchildren.

2009 METROPOLITAN AREA HUNGER CONFERENCE REGISTRATION FORM

**REGISTRATION
DEADLINE IS
Wednesday, April 22, 2009**

**FRIDAY, APRIL 24, 2009
SHABACH MINISTRIES
8:15 AM—2:30 PM**

Please fax or send registration
form to the attention of :
645 Taylor Street, Northeast
Washington, DC 20017-2063

Fax: 202.529.1767

Questions?

202.526.5344 ext. 223

Register online at:

www.CapitalAreaFoodBank.org

<u>AGENDA</u>	
8:15 am— 8:45 am <i>Registration and Refreshments</i>	12:15 pm - 1:15 pm <i>Lunch (provided)</i>
8:45 am – 9:15 am <i>Welcome & Invocation</i>	<i>Keynote Address George Jones Executive Director Bread for the City</i>
<i>State of the Food Bank Address Brian Smith Chief Operating Officer Capital Area Food Bank</i>	<i>Awards</i>
<i>Door Prize Giveaway</i>	<i>Door Prize Giveaway</i>
9:25 am—10:40 am <i>First Workshop Session</i>	1:15 pm - 2:45 pm <i>Panel Discussion</i>
10:55 am - 12:10 pm <i>Second Workshop Session</i>	<i>Grand Door Prize Giveaway 19" LCD HDTV</i>

PLEASE COMPLETE FORM IN ITS ENTIRITY. PRINT CLEARLY

Name: _____

Phone: _____

Fax: _____ Email _____

Agency: _____

Address: _____

City, State, Zip _____

(Confirmation letters will be sent to the **fax number, email** or **address** you provide)

First Workshop Session (please check only one)

- ☐ Achieving Results by Developing Your Board of Directors Financial Survival during Recessionary Times
- ☐ Best Practices in Food Pantry Programs ☐ Grants. Gov Find & Apply
- ☐ Innovative and Creative Anti - Hunger Advocacy Options
- ☐ La oficina de Relaciones Latinas del alcalde de DC alcanzando nuestra comunidad Latin (Mayors Office of Latino Affairs Our Latino Community) ☐ Meet the Food Bank

Second Workshop Session (please check only one)

- ☐ Financial Survival During Recessionary Times ☐ Getting the Most from Media
- ☐ Gleaning for Fresh Fruits and Vegetables ☐ Strategies to Stretch Your Food Bank Dollars at the Food Bank
- ☐ ¡Venga a Aprender de los Mitos y las Realidades Acerca los Cupones de Alimentos!(Come and Learn about food stamps)

Meal Selection (Check one) ☐ Tuna ☐ Ham ☐ Chicken ☐ Vegetarian

This is a free conference. However registration is required in order to make proper preparations for you.

About the Conference Site



SHABACH! Ministries, Inc. is a community-based, 501(c)3 organization in the Landover area of Prince George's County. Offering superior service in early childhood development, academic achievement, and community activities, SHABACH! is committed to delivering meaningful, safe, programs that "meet the need, give hope, and teach people to soar." Driven by a spirit of excellence, SHABACH! has developed a core group of services to positively impact our surrounding community through a variety of programs to encourage growth and instill a sense of belonging.

To this end, we are committed to developing confident, capable youth and adults who are ready to assume a vital role in the changing face of Prince George's County. Since 1996, SHABACH! has delivered inspiring programs that have become models for building good character, ensuring academic achievement, and promoting community involvement for youth and adults. At SHABACH! we are continuously striving to deliver unrivaled service that teaches people to work hard, take a chance, and make a difference.

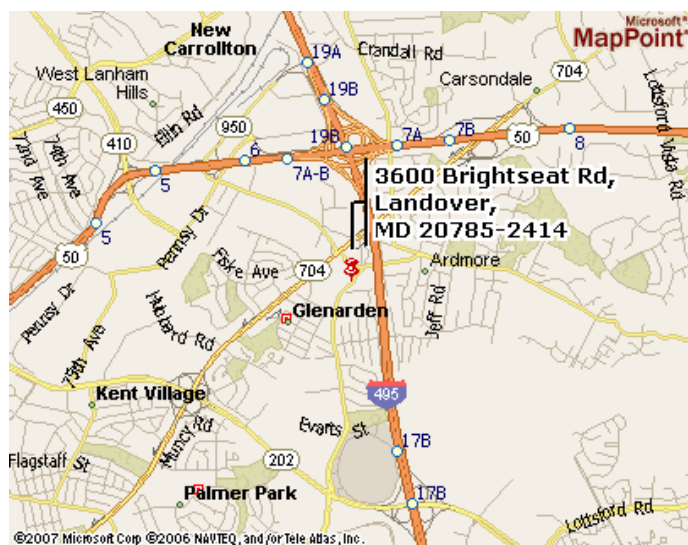
SHABACH! Cares (SC) provides child care, before and after care services, and a summer enrichment program to over 300 children from infant to age 13. SC features literacy, art, and enrichment programs designed to enhance academic performance and increase overall character and self-esteem. An adult day care program is planned.

SHABACH! Christian Academy (SCA) serves approximately 306 students in grades kindergarten through 8, offering an exceptional Christian education in a positive learning environment. Our students consistently perform above the national average in reading and math. At SCA we are cultivating in our children, a lifelong love of learning.

SHABACH! Homeschool provides over 100 children in grades K through 12 with a rigorous academic program in a non-traditional classroom setting. Classes are offered in various subjects including Chemistry, Biology, Government, and Economics. In addition to a rich curriculum, home schooled children participate in a variety of enrichment activities such as Orchestra, Dance, Piano, SAT Preparation, and Career Planning. Language studies in Spanish and Latin are also offered.

SHABACH! Community Services (SCS) annually impacts over 2,500 children, youth, families, and individuals each year through our direct program services, supporting the capacity development efforts of our partnership organizations, and leading collaborative initiatives to enhance community change. SCS aspires to build a healthier community by ena-

Directions



Shabach Ministries
(former site of First Baptist of Glenarden)
3600 Brightseat Road
Landover, Maryland 20785-2414
Phone #: (301) 773-3600

From North/South

Take I-495/95 Capital Beltway to Exit 17B, Landover, (Old Landover Mall will be on your right.) Bear right at the first stop light onto Brightseat Road (Old Landover Mall will be on your right.) Proceed through 3 traffic lights. Approximately one half mile pass the third light, Shabach Ministries will be on the left.

From Washington, DC

Take Route 50 East (John Hanson Highway) to Route 410 (East West Highway). Follow the exit to the right; bear right at the end of the exit. Proceed to the traffic light, which will be Pensley Drive, make a left. At the next traffic light, make a right onto Ardwick Ardmore Road (Suntrust Bank will be on your right). Go through 3 traffic lights and turn right at the next corner onto Brightseat Road.

Go approximately 200 yards to the Shabach Ministries on your right

Metro accessible: Take the orange line to the New Carrollton Metro station. Take The Bus 21X towards PG Community College (Express). Disembark at Ardwick-Ardmore Rd & Brightseat Rd. Walk 0.09 miles southwest to 3600 Brightseat Rd.